



AETC commander retires after 36 years

The commander of Air Education and Training Command retires today after more than 36 years in the Air Force.

Gen. Donald G. Cook hands off the reins of command to Gen. William R. Looney III during a change of command and retirement ceremony here at 9 a.m. on the flightline side of base operations.

Gen. John P. Jumper, Air Force chief of staff, is the presiding officer.

General Cook entered the Air Force in 1969 through the ROTC program at Michigan State University and completed undergraduate pilot training at Williams AFB, Ariz. He has commanded a flying training wing, two space wings and the 20th Air Force. He has served as Legislative Liaison in the Senate Liaison Office, on the staff of the House Armed Services Committee, and as Director for Expeditionary Aerospace Force Implementation at U.S. Air Force headquarters. Prior to assuming his current position in December 2001, General Cook was Air Combat Command's vice commander. He is a command pilot and has flown more than 3,300 hours in the B-52D/G/H, T-37B and T-38A.



Gen. Donald Cook

The enlisted corps of AETC inducted General Cook into the Order of the Sword Tuesday, recognizing his outstanding support for and contributions to the command's enlisted members during his tenure.

General Cook has commanded AETC throughout the Global War on Terrorism. He has overseen the development of basic and technical training to better prepare new Airmen, officers and enlisted, for wartime service anywhere the Air Force needs them by introducing self-aid and buddy care, and expeditionary combat skills in the training curricula.



Gen. William Looney

He spearheaded the command's philosophical change from just a training command to a training and war fighting command by expanding the pool of available personnel for Air and Space Expeditionary Force deployment support. At any given time, in recent years, 1,000-1,500 AETC Airmen are deployed supporting combatant command operations.

His tenure has seen Air Force recruiting productivity at its highest levels. Air Force end strength requirements for fiscal year 2005 forced a need to back-off recruiting; while retaining the infrastructure to instantly turn around and return to

See **Commander** on page 5



Cornelia Randolph, widow of Capt. William Randolph, raises the first official flag at the dedication of Randolph Field June 20, 1930. Brig. Gen. Frank Lahm (right), commander of the Air Corps Training Center, made the final selection of the site on which the base was built. (Photo courtesy of the San Antonio Express-News archives)

Randolph celebrates 75th anniversary, remains vital training base for Air Force

By Bob Hieronymus
Wingspread staff writer

Monday marks the 75th anniversary of the dedication of Randolph Air Force Base. Originally conceived as the "West Point of the Air," the base has been a major player in the panorama of military aviation history.

Col. John Hesterman, commander of the 12th Flying Training Wing, said few other Air Force installations have Randolph's combination of beauty and functionality.

"Being only 75 years young, this base has an awesome past and is still as modern as the latest technology," Colonel Hesterman said. "But the real value of the base is in the people who make it all come together. The Airmen who work here, officer, enlisted and civilian, all bring a level of professionalism to their tasks that make this one of the premier military installations in the world.

"Seventy-five years from now, it will still be the people who make the missions happen. The future

is bright with all the potential they represent." Hal Baldwin, mayor of the neighboring town of Schertz, said the city credits much of its success to the part Randolph Field played in local history.

"So much of our success can be attributed directly to military-connected civil servants, active duty and retired residents who have provided leadership as our elected officials and as appointed board members," the mayor said. "These people have volunteered to direct our youth activities, provided the manpower for our emergency services and built our churches and schools. We could not have done it without you, Randolph."

Master Sgt. Brandon Lindsay, 12th FTW historian, said the base was built in a time when powered flight was new and exciting.

"How could the people then know that this base, built in the midst of the Great Depression, would become a great bastion for pilot and navigator training?" he asked. "How could they know thousands of Airmen would fly and train here and help our Air

See **Randolph** on page 5

12th FLYING TRAINING WING TRAINING TIMELINE									
As of Monday Pilot Instructor Training			Navigator, EWO training				Wing Flying Hour Program		
Squadron	Senior Class	Overall	562nd FTS	563rd FTS			Aircraft	Required	Flown Annual
99th FTS	1.0	0.5	Air Force	218	Undergraduate	65	T-1A	8471.0	8495.2 12,184
558th FTS	6.0	-2.3	Navy	46	International	13	T-6A	12024.0	12172.2 17,290
559th FTS	-0.6	-3.0	International	3	EWC Course	0	T-37B	6276.8	6448.8 8,444
560th FTS	1.7	1.6	NIFT	59	Intro to EW	0	T-38C	6700.9	6672.8 10,204
							T-43	2953.3	2949.1 4,293
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.				The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.		

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 52 Team
Randolph members are
deployed in support of
military operations
around the globe

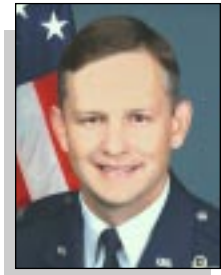
“**PROTECT
YOUR
WINGMAN**”

DUI...
It's a crime
not a mistake

Team Randolph's
last DUI was
February 13, 2005

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Victim Hotline	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Not taken to the cleaners

Q I would like to make a suggestion that the posted hours of the dry cleaning concession be changed to 5:45 p.m. vice 6 p.m. I have stopped there on at least three occasions at 5:50 p.m. only to have the door locked and the business closed. How do you plan to improve the customer

service of this contracted organization?

A I apologize that one of our Army and Air Force Exchange Service facilities did not operate according to posted hours. The business manager has assured me the dry cleaning contractor will abide by the AAFES policy of opening its doors five minutes

prior to posted hours and not locking the doors until five minutes after the posted closing hours. Thank you for bringing this to our attention. The management and staff at all of our AAFES facilities are committed to 100 percent customer satisfaction, and comments from customers help them continually fine tune their operations.

Zero defects for products, not people

By Chief Master Sgt. Stephen Zabel
Air Education and Training Command



As a young Airman, I used to think if I made a mistake, I would get a bad performance report. I definitely made some mistakes, but they never reflected in my ratings. Needless to say, I was relieved.

I later learned as a supervisor that an isolated mistake by a junior enlisted member does not need to be mentioned in a performance report. Needless to say, my subordinates were relieved.

I don't know anyone who likes the sound of a "One Mistake Air Force," least of all, me. America has always been the land of opportunity and second chances. It's a place where we can learn from our mistakes as we climb the ladder of success.

But still, the perception of some Airmen is if they make just one mistake, their careers will come to an end. Let's change the perception and get the word out.

A zero-defects mentality creates an unhealthy work environment. We can all be the change agent for this truth and provide hope to military members in the workplace when it comes to making mistakes. Share these thoughts with Airmen and supervisors everywhere.

1. Zero defects is a theory for products, not people. People are teachable and self-correcting.
2. Zero defects is a danger to progress. No mistakes means

4. Zero defects deters honesty. It creates an atmosphere of telling our supervisors what they want to hear not what is true. People should be held accountable for their actions but not expected to be perfect.

5. Zero defects destroys the justice system. Lifelong punishment for one mistake does not leave room for change and learning. Unfortunately, depending on the severity of the mistake, this could be true. But in most cases, it's not true. There is a difference between a crime and a mistake.

6. Zero defects hones in on the bad, not the good. This mentality belittles all the good we do.

7. Zero defects leaves no room for restoration. Forgiveness is the key to healthy self-esteem. Life is a journey; forgiveness allows us to get back on track after we make a mistake.

I don't know any successful person who hasn't grown stronger from a lifetime of mistakes. We get up after we fall down, brush ourselves off and press on with our dreams and aspirations. It is not about the mistakes we make in life, it's how we handle them. Not having a zero defects mentality gives us the chance to learn from them.



Chief Master Sgt.
Stephen Zabel

Shocking words: My husband is a drug addict

By Staff Sgt. Lindsay Thomas
22nd Contracting Squadron

MCCONNELL AIR FORCE BASE, Kan. – I've said those words many times, yet they still make me cringe. I still wonder how things could have spun so horribly out of control.

About a year ago, I was pulled out of Airman Leadership School by an Office of Special Investigations agent who informed me that my husband had failed a urinalysis for cocaine. Shocked and troubled, I stumbled back to class distracted by news that seemed unreal and impossible.

My husband swore to me that it was impossible. He pleaded his innocence, giving me some elaborate story about a trip to the emergency room for kidney stones and a morphine drip that caused him to test positive for cocaine.

I believed him. Why wouldn't I? There were no signs of drug abuse; he didn't match that profile. I never saw drastic mood changes or money disappearing from our bank accounts, and I could always account for where he was.

As the court-martial grew ever near, the stress became unbearable. I wasn't sleeping; I couldn't concentrate. To be completely honest, I was a basket case. But there was some glimmer of hope, because I believed in justice. I believed that everything would be made right and that if I just stuck through it, there would be a light at the end of this long, dark tunnel.

And then, two weeks before the court-martial, my husband's stories started to contradict one another and he kept backtracking, grasping for some validity. He was slipping up and it all began to unravel before him.

And then he said it. "I slipped up," is

what he said. "I used cocaine." Dumbfounded, I demanded an explanation, only to hear the horrible stories of cocaine abuse, painkillers that were taken like candy and the experimentation of every other drug you could imagine.

I told him that he needed to do the right thing. It was the hardest and easiest decision I ever had to make. To make a long story short, on our three-year wedding anniversary, my husband pleaded guilty to using cocaine on several occasions, was sentenced to eight months confinement, forfeiture of pay and allowances, reduction to airman basic and a bad conduct discharge. My husband is a drug addict, and his decisions and his disease ruined his life.

After the court-martial, I was

See Drug addict on page 3

Lucky to be alive:

Lack of proper training, preparation turn off-duty recreation into harrowing nightmare

By Staff Sgt. Don Branum
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. – Before Memorial Day, our office had a safety briefing with a different flavor. Every other safety or operational risk management briefing I have sat through was vanilla: "Don't drink and drive. Only drive eight hours per day. Make sure you have the safety equipment needed for outdoor activities. See you next week."

This briefing was a sundae instead. Each of us had to relate a story about something we had done that might not have happened if we had thought about it before doing it – simple risk management.

My story was about fatigued driving. As a member of the honor guard at my last base, I was responsible for driving 11 people in our funeral detail to and



too proud to admit it or ask someone else to drive. When my eyes drooped, the van began to drift toward the right side of the road. We all were extremely lucky I woke up when the front right tire scraped along the side of the pavement.

The most sobering story came from the person who told us about a kayaking trip he took. The notice was short and he didn't prepare properly. Shortly after he and his friends began their adventure, the river got choppy and his kayak flipped. He was not adequately trained to recover from a rollover. After three failed attempts to right himself, he reached for the pull cord to get out of his kayak.

The pull cord was nowhere to be found. In his

from the ceremony. We had finished the detail and were on our way back. Most of the people in the van were asleep, exhausted from the day.

I was just as exhausted, but

haste to prepare for the trip, he had tucked the cord inside the rubber skirt of his kayak.

"At the time, I thought, 'that's it, I'm dead,'" he said.

He had been submerged for about 45 seconds.

He changed his mind a few seconds later and tore frantically at the kayak's skirt to free himself. After struggling for several more seconds, he pulled himself out and swam to safety.

The most important lesson I came away with is this; if you do not determine the consequences of your decision before you make it, you'll be lucky to survive the experience. Risk management has to be more than a dusty copy of an Air Force instruction manual or an annual training requirement. It must be a constant, conscious method you use to make decisions.

It is better to be smart than lucky. Be prepared, know your limits, know your surroundings and be safe. Your life depends on it.

Drug addict

Continued from Page 2

appalled to know that there were many who knew of my husband's addiction.

"Why," I pleaded, "didn't you say something? Why didn't you help him?"

I kept getting the same answers. Some said they didn't want the conflict, others stated that it wasn't any of their business.

Those answers don't cut it. They are weak and fruitless. We are all members of the Air Force family,

so how can we turn our back on one of our own? It is our responsibility as Air Force members to take a stand and help someone, even if doing the right thing hurts like hell.

If you know someone who has a problem with alcohol, prescription medications or drugs, please say something.

My husband is solely responsible for the crimes he committed. However, I can't help but wonder how different the circumstances might have been if someone had taken a stand against his drug abuse when they first knew of it. Perhaps he could have gotten help before things

got out of control.

As I reflect on recent events, the answer is simple. If you are abusing alcohol, prescription medications or illegal substances, you will eventually get caught and pay the ultimate price for your actions. You will be ripped from your family and home and forced to live in a prison where you can't even walk through a doorway without asking permission.

We are responsible for our fellow Airmen. You are the key to helping someone before it's too late. It's a hard choice but the rewards are limitless when you help someone get free from the strangling depths of drugs.

Correction to IG commentary

In the commentary published on page 3 of the June 10 Wingspread, "Reprisal and Restriction: What you need to know about changes to the law," flight commanders, command chief master sergeants and first sergeants were listed as people who could receive protected communications in accordance with guidance in a revision of Air Force Instruction 90-301, Inspector General Complaints Resolution.

A subsequent reference to those individuals included the term "chief master sergeants" instead of "command chief master sergeants." The Wingspread staff regrets the editing error and hopes the erroneous reference did not cause any confusion.

News

Base urged to use more recycled items

Environmentally friendly purchasing requirements implemented

By Jennifer Valentin
Wingspread staff writer

Organizations on base are encouraged, under the newly adopted Green Purchasing Plan, to buy more recycled items for use in their offices.

Green purchasing refers to the purchase and use of recycled content products, bio-based products, energy efficient products, non-ozone depleting substances and alternative vehicles and fuels.

"We want to start going toward using more environmentally friendly products than were used in the past," said Michelle Walton, environmental engineer.

Recycled content products are made from or contain recycled material, which includes paper and carpet.

Environmentally preferable products are those that have decreased effects on human health and the environment when compared with competing products or services that have the same purpose. Examples include non-toxic crayons and biodegradable items.

Bio-based products are commercial or industrial products, other than food or

feed, using biological products or renewable domestic agriculture of forestry material such as plant, animal and marine. Examples include tree-free paper and soy-based ink.

Energy-efficient products use less energy to perform the same operation or function as a comparable piece of equipment. Examples include fluorescent and halogen bulbs.

Non-ozone depleting substances don't have an adverse affect on the ozone layer, such as refrigeration and air conditioning fluids.

Alternative vehicles, such as solar-powered vehicles, are generally more energy efficient and have fewer emissions than a comparable standard vehicle. Alternative fuels can replace ordinary gasoline like ethanol or compressed natural gas.

"Green purchasing can save money in the long run," said Ms. Walton. "It reduces the consumption of natural resources and is required by several regulations."

Under the new plan, all 12th Flying Training Wing organizations are required to buy 'green' for all purchases, including purchases made on the government purchase card. Purchasers

can waive this requirement if the environmentally preferable item isn't available in a reasonable amount of time, doesn't meet performance requirements or isn't cost competitive. Beginning Sept. 28, if purchase requests don't include green purchasing requirements, they will be returned.

Randolph can play a part in making the environment better, said Ms. Walton.

"Consider green products and services as the first choice," she said. "People should spread the word about green products to people they do business with and buy green products whenever they can instead of the less environmentally friendly products."

The following two lists can also be followed, when considering using green products - the Environmental Protection Agency's Comprehensive Procurement Guideline and the Federal Bio-based Products Preferred Purchasing Program.

There are eight CPG categories: paper and paper products; vehicular products; construction products; transportation products; park and recreation products; landscaping products; non-paper office products, and miscellaneous products. A full list

is available at www.epa.gov/cpg.

There are 11 FB4P categories: adhesives; construction materials and composites; fibers, paper and packaging; inks; landscaping materials, composted livestock and crop residue; lubricants and functional fluids; fuels and fuel additives; plastics; sorbents; paints and coatings, and solvents and cleaners. A full list is available at www.biobased.oce.usda.gov.

"Sometimes recycled products cost more initially, but they are a better value over a lifetime," said Ms. Walton. "For example, plastic lumber may be a better option versus wood for a new deck or patio."

Randolph personnel and residents are encouraged to use recycled products when they can, said Ms. Walton.

"It is essential for everyone on base who purchase items to become aware of the green purchasing requirements," said Ms. Walton. "The program affects everyone on Randolph, and all organizations are responsible for incorporating green purchasing into their procurement activities."

For more information on the Green Purchasing Plan, call the environmental flight at 652-4668.

Air Force announces technical and master sergeant promotions

Sixty Randolph technical sergeants received the good news Thursday that they are on the master sergeant promotion list.

They are among the 6,630 selected of 25,454 technical sergeants eligible Air Force-wide for a 26.05 percent selection rate.

Sixty-eight Randolph staff sergeants also received the good news that they are on the technical sergeant promotion list.

They are among the 9,116 selected

out of 43,379 staff sergeants eligible Air Force-wide for a 21.01 percent selection rate.

The master sergeant selection rate rose 0.10 percent from last year, while this year’s technical sergeant rate dropped 0.56 percent from last year.

“The rates this year are very close to last year’s rates, but we have more eligibles this year,” said Chief Master Sgt. Dale Kenney, Air Force Personnel Center’s enlisted promotions branch

chief. “The higher eligibility pool gives us the opportunity to promote more individuals.”

“The message is clear,” Chief Kenney said. “The opportunity for more responsibility, and the higher rank to go with it, is there for Airmen that demonstrate through performance and preparation the desire to be promoted.”

The complete list of selectees is posted at www.afpc.randolph.af.mil/eprom.

Master Sergeants

Air Education and Training Command

Michael Batten
Frank Bove
Walter Corbett
Glenn Hackett
Christopher Haynes
Amy Johnson
James McArthur
John Miller
Ronald Miller
Nghia Ngo
Ruben Perez
Dennis Peterson
Sonia Thompson
Charles Wilcox



19th Air Force

Jodi Hayes
Cynthia Woodruff

12th Flying Training Wing

DeeDee Akers
Lisa Anderson
Tyler Arnold
Lorenzo Cortez
Darnell Edmonds
Allen Gray
Richard Hayward
Kevin Holmes
William Lester
Leslie Wodtke
Micah Young

Air Force Personnel Center

James Chevalier
Carla Curry
Karen Findorak
Marc Gilbert
Lori Haygood
Marisa Hennington
Colin McCoy
John Meegan
Steve Nichols
Eddie Peoples
Ruben Sanchez
Adalberto Velez

Air Force Recruiting Service

Charles Corte
Richard Davis
Daniel Elkins
Shiela Flinders
Jesse Romero
Kathleen Wilson
Deshan Woods

Air Force Legal Services Agency

Danny Anders

Air Force Services Agency

Angela Jackson
Ronald Kapperman
Gary Lempka

Air Force Manpower Agency

Kerry Alexander
Ronald Clark
Danielle Griffith
Terry Henson

Promotion Stats

To Master Sergeant:

Average Score - 345.81
Enlisted Performance Report - 134.41
Promotion Fitness Exam - 76.60
Specialty Knowledge Test - 62.77
Time in Grade - 29.35
Time in Service - 36.05
Decorations - 12.28

To Technical Sergeant:

Average Score - 313.49
Enlisted Performance Report - 133.15
Promotion Fitness Exam - 66.81
Specialty Knowledge Test - 53.88
Time in Grade - 34.25
Time in Service - 24.33
Decorations - 5.60

Jeremy Krumenauer
Daniel Thiel

Air Force Occupational Measurement Squadron

Gloria McPeters
Damon Smith

381st Training Squadron

Jason Mills

645th Material Squadron

David Jones

Technical Sergeants

AETC

Adrian Balderrama
Jasmin Blackburn
Doris Basheer
Jack Duquette
Kimberly Marshall
Gary Miles
Eric Mixon
Gabriel Moreno
Roberto Padilla
Clyde Pence
Alexander Rodriguez
Oscar Vega



19th AF

Susan Williams

12th FTW

Demetrius Booker
Stephanie Cass
Jonanthony Chavez
Bryan Crasher
Andrew Flora
Manuel Jimenez
Eric Kerr
Oscar Molina
Sara Montes
Jeffrey Moody
Adrian Saenz
Jose Salinas
Humberto Sarabia
Scott Schlosser
Jeaneen Spears
Boyd Walker
Michael Wiesmann

AFPC

Michael Amos
Chong Arnold
Latanya Baker
Shawna Bynum
Patricia Castro

Daniel Cortinas
Betsy Dziurzynski
Jennifer Evans
Reginald Frazier
Efrain Garza
Scott Graham
Derek Johnson
Lavenia Johnson
Brent Jordan
Teyhones Lundy
Jennifer Nichols
Kimberly Radice
Lance Williams

AFRS

Ericka Frazier
Sandra Palma
Willie Torres
Robert White

AFSVA

Amanda Harness
Guillermo Salazar
Anne Taylor

AFLSA

Michael Gibson

AFMA

Randall Clopton
Joseph Krause

Air Force Material Command

Kevin Beaulieu
Jeremie Kretzschmar

Air Combat Command

Gerardo Jaime

381st TRS

Conan Mauro

Joint Personal Property Shipping Office

Dejuette Jackson
Edward Mendoza

Defense Finance and Accounting Service

Lawrence Hagdorn

AFROTC Detachment 805

Andrus Green

Air Force Element

John Fleary
Floyd Guidry

NEWS BRIEFS

558th FTS Change of Command

Lt. Col. Michael Pipan assumes command of the 558th Flying Training Squadron June 24 with a formal ceremony at the Hangar 64 flightline at 8:30 a.m. In case of inclement weather the ceremony will be in the squadron briefing room.

12th MDOS Change of Command

Lt. Col. Barbara Eisenstein assumes command of the 12th Medical Operations Squadron June 24 with a formal ceremony at the Enlisted Club at 10 a.m.

Clinic closures

The base clinic is closed Wednesday from 7:30 a.m. to noon for training and July 1 and 4 for family days.

Victim advocate volunteers

The sexual assault prevention and response program office is looking for active duty military or civil service volunteers for the victim advocate program. Volunteers work one on one to provide support, liaison services and direct care to sexual assault victims. Volunteers receive mandatory training and must be on-call after duty hours.

Interested people can call the sexual assault response coordinator at 846-2760 for an application.

Road construction on FM 78

The Texas Department of Transportation begins construction Monday on FM 78 between Loop 1604 and the Randolph Main Gate. The project will install new turn lanes for the west and main gates. Most of the work will be done weekdays between 9 a.m. and 3:30 p.m., but work at the west gate will be done on weekends to minimize traffic delays.

One eastbound lane from Loop 1604 to the main gate will remain open during construction. The project is scheduled to be completed by July 1.

Walk-in legal service cancelled

Except for notary and power of attorney services, walk-in legal assistance at the 12th Flying Training Wing legal office is cancelled for June 30 and July 7.

For more information, call Master Sgt. Michael Gadson at 652-6781.

Legal Office Brown Bag Law Series

The 12th Flying Training Wing Staff Judge Advocate office conducts its Brown Bag Law Series, "Basics for Future Air Force Leaders," June 24 from noon to 1 p.m. in the Taj Mahal deliberation room. The topic is Article 15 of the Uniform Code of Military Justice.

Long-distance calls

Beginning Thursday at 8 p.m., base members must use a 6-digit personal identification number to make long-distance phone calls from Randolph work centers.

People can obtain PINs from their unit telephone control officer or by calling the telephone survey shop at 652-7444.

Elimination of H Street parking

Effective Monday, parking along H Street is no longer allowed, with the exception of the designated housing resident parking spaces. The change was implemented as a safety precaution. Signs will be posted as a reminder.

For more information, call the safety office at 652-1842.

AIR FORCE RECOGNITION

Randolph Senior NCO wins Air Force award



Senior Master Sgt. Martin Austin, Air Education and Training Command Aircrew Life Support command superintendent, checks requirements documents for life support equipment for bases throughout the command. (Photo by Bob Hieronymus)

By Capt. Gideon McClure
Air Education and Training Command
Public Affairs

A senior NCO here recently won the Outstanding Air Force Aircrew Life Support Headquarters Staff Member of the Year Award for 2004.

Senior Master Sgt. Martin Austin, Aircrew Life Support command superintendent assigned to the Air Education and Training Command Directorate of Operations, was recognized for his accomplishments involving aircrew life support people and programs.

The award was announced on May 17 and will be presented to Sergeant Austin at an upcoming senior leader's call.

"It was partly luck that set me apart from the rest of my peers. Everyone is deserving of this award and I have

been lucky and blessed to work with great people," Sergeant Austin said. "Also, having the support of my family to be involved in the many TDYs and community activities makes it easier."

Much of Sergeant Austin's job involves developing command policy for the ALS program that focuses on providing quality equipment and training to maximize aircrew safety in 21 different weapon systems. In addition he provides policy and oversight to ensure safe flying operations for 219 ALS personnel, as well as maintaining over \$46M in operating budgets and 50,000 life sustaining equipment items.

"Sergeant Austin has a terrific balance between a great work ethic and the human approach of interacting with folks to meet whatever the mission(s) goal may be at the time," said Chief Master Sgt. Jeff Bingman, Aircrew Life Support Systems Branch chief.

Commander

Continued from Page 1

high-level recruiting output.

Next generation training aircraft such as the T-6A Texan II and the T-38C are replacing AETC's long time standard T-37 Tweets and T-38As and Bs. Introduction of the F/A-22 Raptor at Tyndall AFB, Fla., has placed AETC at the forefront of combat fighter operations training. The addition of the new C-130Js at Little Rock AFB, Ark., brings an improved version of this rugged workhorse to the airlift training community.

On the education front, General Cook placed noncommissioned officers into Air Force Institute of Technology programs and led the charge to open opportunities for AFIT students to complete professional military education requirements as part of their course of study. Accreditation of Air War College and Air Command and Staff College by the Southern Association of Colleges and Schools results in graduates receiving master's

degrees upon graduation.

"I'm continually impressed with the success of our military forces and all the men and women within AETC who provide training and combat capability to our commanders in theater," General Cook said recently, "Our innovation and excellence are meeting the challenges and demands needed to win the war on terrorism! I have been truly blessed with the opportunities I have been given to serve our nation. I'm confident AETC will continue the fine tradition of outstanding performance to recruit, train, educate and lead future generations of our Air Force."

General Looney is a 1972 U.S. Air Force Academy graduate and served as the Cadet Wing commander during his senior year. He completed undergraduate pilot training at Sheppard AFB, Texas, and served as a T-38 instructor pilot in the 50th Flying Training Squadron at Columbus AFB, Miss., in the mid-1970s. He comes to AETC after commanding the Aeronautical Systems Center at Wright-Patterson AFB, Ohio, since December 2003.

"I am proud and honored to lead the



Gen. Donald Cook (right), commander of Air Education and Training Command, receives the Order of the Sword Tuesday during a ceremony at the Gateway Club at Lackland. Chief Master Sgt. Rodney Ellison (left), AETC command chief master sergeant, presented the sword on behalf of the enlisted members of the command. (Photo by Robbin Cresswell)

men and women of Air Education and Training Command!" General Looney said, "Let me start by asking every member of the command to continue giving all your talents to ensuring those Airmen we are sending off to war are fully prepared to accomplish the

missions of the combatant commanders. In the coming months, Marilyn and I intend to visit each and every installation to meet with the magnificent professionals and supportive communities that make up this great command."

Randolph

Continued from Page 1

Force gain respect as the best in the world? The mission of the 'West Point of the Air' continues to this day."

The land on which the base is built was a \$500,000 gift from the city of San Antonio to the War Department in 1927. Brig. Gen. Frank Lahm, then commander of the Army's Air Corps Training Center at Kelly Field, chose the site from more than 20 proposed locations. There was competition from other states at the congressional level, but the flat, south Texas farmlands near Cibolo Creek were the final choice.

Construction began in October 1928 and muddy streets were still common when the first class of

aviation cadets arrived in November 1931. The base was so new that the cadets' first duty was picking up construction trash around the barracks.

At \$11 million, the base was the largest federal project since the building of the Panama Canal. Newspapers across the nation reported the developments in aviation and Hollywood soon followed with films featuring Randolph Field, as it was formally named.

The gracious style of its buildings, together with its wide, grassy landing fields, made for a romantic setting in which to tell the story of dashing pilots, fast aerial action and national pride, Sergeant Lindsay said. Today the base is a National Historic Landmark.

But the base has been much more than just a movie prop. It has been the place where great strides were made in aviation medicine and the science of instrument flight, Sergeant Lindsay said. On its fields many of the nation's great military aviation leaders

earned their wings or served as instructors. It has been home to thousands of military aircraft over the years from the biplane PT-3 "Trusty" to the B-29 to the supersonic T-38 trainers.

The base has also been a major factor in the economic health of San Antonio and the surrounding suburban communities. The 2004 base economic analysis study shows the estimated annual dollar value of military, civilian and indirect jobs, together with expenditures related to the base, generated almost \$1.5 billion.

As General Lahm said in the dedication ceremony on June 20, 1930, "Aviation is now in its infancy. What the training will be five or ten years from now no one can know. But whatever it may be, here is Randolph Field, which we may expect to last three quarters of a century or more and will prove adaptable to whatever developments aviation training may bring in the future."

NEWS FROM THE TOP

HQ AETC receives new digital telephones

By Bob Hieronymus
Wingspread staff writer

Starting July 8, phase three of the Avaya telephone switch project will convert Headquarters Air Education and Training Command to a new state-of-the-art digital phone system.

Nine AETC buildings will be connected via new fiber optic lines to the Avaya telephone system. Conversion will begin after close of business on July 8 and will be completed by July 11.

The Air Force Personnel Center and the Air Force Recruiting Service buildings went on line with the new system last spring, but this latest conversion of more than 2,200 lines and 1,900 instruments is the largest increment for the new system. Phase three costs about \$1.6 million.

AETC users can attend a two-hour block of Avaya training beginning Thursday, said Dave Decker, project manager for the 12th Communications Squadron. People who are not scheduled for training should contact their unit telephone control officer. A special help desk will be in place the week after conversion to assist with any associated technical issues.

While the planning has been under way for several years, funds to purchase the new equipment were only recently released, said Tosia Preine, 12th CS plans and programs manager.

"The new system is all digital," she said. "It relies on a distributed system of control nodes in each building rather than one central base main switching terminal. This creates a system which is highly survivable."

Parts for maintaining the old telephones are no longer manufactured, so the conversion is really a step

in the normal technical upgrade process, Ms. Preine said.

Aside from a new telephone, users can expect to see several changes with the new system. For instance, the new system allows up to six people conference capability without requiring operator assistance. This change helps speed up coordination processes.

The system also uses a single-line concept with individual numbers for all users. While most main office phone numbers will stay the same, some customers will get new phone numbers.

"Telephone control officers pre-coordinated all telephone numbers and all lists have been finalized," Mr. Decker said. "So there is time for people with the new numbers to let their frequent callers know about the change."

Conversion of the remainder of the base is contingent on future funding, Ms. Preine said.

BATTLE of the GROUPS

The Battle of the Groups competition kicked off as part of the Operation Summer Survivor: Xtreme Challenge campaign which runs through Sept. 5. The goal of the competition is for base organizations

to gather as many points as they can by performing different safety checks or safety related events around base. This week's outstanding performer is 1st Lt. Ron Vesey, 12th Medical Group.

GROUP	POP	REP MISHAPS	RATE	DUI	RATE	SEAT BELTS	RATE	PRESENT-ATION POINTS	RATE	TOTAL
MSG	1698	0	0.00	0	0.00	0	0.00	156	156.00	256.00
MDG	294	0	0.00	0	0.00	0	0.00	60	346.80	446.80
OG	477	0	0.00	0	0.00	0	0.00	0	0.00	100.00
MX	427	0	0.00	0	0.00	0	0.00	34	135.32	235.32



The Air Force #21 car makes a pit stop. (Courtesy photo)

Pit Stop competition fires up Thursday

Randolph hosts the NASCAR No. 21 Air Force car for a pit stop demonstration and competition Thursday at 10 a.m. near the tower on the west flightline. Ten teams from the base will vie for best pit stop based on fewest errors and fastest time. Bleachers will be available for base members to view the competition.

"NASCAR provides the Air Force an outstanding opportunity to reach potential recruits and their families, provide support to our recruiting effort and increase awareness of the Air Force among the general public," said Lt. Col. Steve Murray, Air Force Recruiting Service Public Affairs.

The Air Force sponsored NASCAR show car will also be on display at the enlisted club Wednesday and Thursday.

The Air Force is an associate advertiser in the Nextel Cup Series with the Wood Brothers' No. 21 Motorcraft Racing Ford Taurus, driven by Ricky Rudd.

30 YEARS AGO

in the Wingspread

- ☆ The last C-118 in the Air Force active inventory left Randolph for the Davis-Monthan Air Force Base "Bone Yard". This C-118 had been flying for 23 years and was used, among other missions, by President John F. Kennedy and Vice Presidents Johnson and Nixon. This aircraft was the last reciprocating engine aircraft on Randolph.
- ☆ The "Friends of Freedom," a local group working to help resettle Vietnamese war refugees, is searching for volunteers to sponsor Vietnamese families. By June 1975 more than 300 sponsors had been identified but another 200 are needed. Nguyen Huu Quy and his family were one of the families sponsored by Randolph service members. The Quy family fled Saigon on one of the last helicopters to leave the city before it fell to the communists.
- ☆ All Women in the Air Force squadrons will be phased out in the next three months, officials announced. WAF personnel will be

- assigned to the units in which they work instead of to WAF-only squadrons.
- ☆ Initial reports from the field indicated that the new officer effectiveness reports are acceptable to users. The new system, created to correct unacceptable trends in OER rating inflation, establishes a mandatory rating distribution for each unit with reviews at major command level.
 - ☆ A prototype Air Force F-16 fighter was displayed at the Paris Air Show for the first time. The fighter completed its refueled, non-stop trans-Atlantic flight in 7 hours and 30 minutes.
 - ☆ Headquarters Air Force directed that, effective July 1, 1975, all wings are to reorganize into a tri-deputy form, to include a deputy commander for operations, a deputy commander for resources and a deputy commander for maintenance. The position of base commander is still separate from that of wing commander.

PUTTING OUT THE FIRE

Maintenance shop keeps base extinguishers operational

By Jennifer Valentin
Wingspread staff writer

Fire extinguishers are often the most effective means to fight fires and, therefore, must be ready for use at any given moment.

The responsibility of maintaining and servicing all fire extinguishers on base falls on the shoulders of one Airman here.

Airman 1st Class Seth Bostelman, extinguisher maintenance technician, has been with the Randolph Fire Department for about two years and just started working in the extinguisher maintenance shop in January.

"The extinguisher maintenance shop is the first line of defense in fire prevention," said Airman Bostelman. "Keeping the extinguishers serviceable and up to date on their maintenance gives everyone on base the opportunity to stop a fire."

There are thousands of extinguishers

around base, including 164 on the flightline, all of which go through the shop at one time or another.

Each day, fire inspectors randomly inspect extinguishers throughout the base. If an extinguisher needs to be fixed, it is taken back to the shop for Airmen Bostelman to work on.

Fire extinguishers are routinely maintained every six years, and hydrostatically tested every 12 years, said Airman Bostelman. Hydrostatic testing includes cleaning out the extinguisher, filling it with an agent and testing it to make sure it holds the right amount of pressure.

"The maintenance and upkeep of the fire extinguishers are very important to the base," said Airman Bostelman. "I make sure each one is in perfect condition before it leaves the shop."

Airman Bostelman is also responsible for giving fire extinguisher training briefings to the Airmen attending the First Term Airmen's Center on base.



Airman 1st Class Seth Bostelman, extinguisher maintenance technician inspects a fire extinguisher. (Photo by Jennifer Valentin)

Community

Safe barbecuing protects family, property

Unnecessary risks, carelessness can put damper on outdoor cooking

By Daniel Vandergriff
Randolph Fire and Emergency Services

As barbecue season begins, Randolph Fire and Emergency Services wants to remind everyone how important it is for the entire family to be conscientious about outdoor cooking.

All grills, gas and charcoal, can be extremely dangerous if not cared for and used properly. Carelessness with barbecue grills can result in house fires and serious burns.

Following some simple grilling safety tips goes a long way to reduce those dangers.

General grilling guidelines:

- Don't wear loose clothing while cooking
- Be vigilant with small children around. Lighter fluid, propane tanks and hot surfaces are manageable in the hands of adults but dangerous in the hands of children
- Do not use the grill in a garage, breezeway, carport, porch, party tents, covered patio, fire escape or under a surface that can catch fire
- All grills in use should be at least 10 feet from the house, car, trees and party decorations



- Be aware of the regulations if barbecuing in a condominium, townhouse or apartment complex. A hot grill too close to the siding of a balcony or patio can melt or burn it
 - Keep a fire extinguisher accessible near the grill area
- Charcoal grill safety**
- Never use any flammable liquid other than starter fluid and only use the recommended amount
 - Once the fire has started, don't add more starter

fluid to ignite the flame. This could result in a flash fire. Use dry kindling or more charcoal instead.

- Make sure to soak the coals in water before placing them in the trash
- Leave the grill away from the house until completely cool

- Gas grill safety**
- Never leave propane on for more than 30 seconds without a flame. If unable to light it after 30 seconds, turn off the cylinder and wait five minutes before starting again
 - A gas grill should be checked for leaks every time the cylinder is replaced
 - Check the tubes that lead into the burner for any blockage from insects, spiders or food grease
 - Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner
 - Check grill hoses for cracking, brittleness, holes and leaks
 - Make sure there are no sharp bends in the hose or tubing
 - Replace scratched or nicked connectors, which can eventually leak gas
- For more information on grilling safety, call the Randolph Fire and Emergency Services at 652-6915.

Randolph's summertime electric bill can be reduced

By Roger Kiker
Randolph Energy Manager

Consumers of electricity are charged for the amount of electricity they use each month. Electrical demand charges are also added.

Electrical demand is a measure of how fast electricity is being used at any particular time. The highest demand determines the size of the power plant, power lines and transformers that provide power to homes and businesses.

One way to understand electrical

demand is to picture the analogy of highway traffic. If highway traffic were uniform around the clock, a four-lane highway would easily handle the traffic and everyone could drive the speed limit with no delays. But in reality traffic is not uniform. During morning and evening rush hours, traffic is at its peak. At other times the highway may almost be empty. Therefore, the highway may be undersized compared to peak demand resulting in long delays for those who drive during the busiest times.

Like highway traffic, electrical demand varies widely. Summer

demand peaks occur in mid-afternoon during the hottest times of the year when air conditioning systems are operating.

Electricity suppliers continually record the peak demand that a customer consumes and monthly electric bills include charges based on these peak demand.

Last year, Randolph had a peak demand of 18,567 kilowatts. The total demand charge for the year was more than \$1.6 million. Conservation and awareness helps minimize these charges. Funds spent on utility billing reduce the availability for other uses.

Everyone can help control and reduce electrical consumption by doing the following:

- Give electrical appliances the afternoon off; bake, wash clothes and iron in the morning or evening
- Keep doors and windows closed
- Set the thermostats no lower than 76 degrees Fahrenheit and use fans for air circulation
- Set thermostats higher when away from home or out of town
- Check air conditioning filters monthly and change them when necessary
- Turn off lights, stereos, computers and televisions when not in use

Safety course mandatory for base park boat operators

By Jennifer Valentin
Wingspread staff writer

As people begin taking to the water with their summer sea legs, it's important to keep in mind safe boating procedures. Randolph offers a boating safety course the first and third Wednesday of each month, from 6-8 p.m. The next one is scheduled for July 6. The course is open to all Department of Defense identification card holders. Twelve slots are open per class.

"Anyone who plans to use a boat or personal water craft at the Randolph Canyon Lake area needs to take the course," said Denny Taylor, outdoor recreation director. "The course offers a lot of information for those who want to be safe on the water."

Safety material is offered during the class, and a film from the Texas Parks and Wildlife Boater Safety is shown. A test is given after the film.

After completion of the course, attendees receive a card allowing them to operate a boat at the Randolph Canyon Lake area. The card is good for two years.

"We always stress safety while out on the water," said Mr. Taylor. "Small things such as avoiding alcohol and wearing comfortable clothes can be a big part of staying safe while having fun."

For more information and the location of the course, call Mr. Taylor at 652-3702.

For more information on boating safety, visit www.uscgboating.org.



Boaters at Randolph's Canyon Lake area. (Photo by Steve White)

Safe Boating Tips

- Take along a variety of cool drinks, such as water, soda, lemonade or non-alcoholic beer
- Bring plenty of snacks and food
- Wear clothes that help keep you cool
- Plan to limit the trip to a reasonable amount of time to avoid fatigue
- If consuming alcohol, designate a driver.

(Courtesy of the U.S. Coast Guard Office of Boating Safety)

Giddy Up! *Hunt and saddle club offers quality pet time*



Kathy Taylor saddles her horse before riding at the hunt and saddle club on base. (Photo by Steve White)

By Jennifer Valentin
Wingspread staff writer

The Randolph Hunt and Saddle Club offers horse owners a chance to spend quality time this summer with their larger-than-normal pets.

Club members can use the facilities 24 hours a day, seven days a week to ride and care for their horses.

"The club is a self-care facility, and members are responsible for the feeding and cleaning of their own horses," said Dave Martin, hunt and saddle club manager. "All of the horses stabled here are privately owned by members."

Membership is open to active duty, reservists, retirees, Department of

Defense civilians and contract workers. People interested in keeping their horses at the hunt and saddle club must be a member of the club.

"The hunt and saddle club offers a very unique and fun leisure activity for Air Force members and their dependents," added Mr. Martin. "The club is conveniently located on base, giving members who work and live on Randolph a great opportunity to take care of and ride their animals."

The hunt and saddle club houses 52 stalls and there are currently eight available.

The hunt and saddle club office is open Monday, Wednesday and Friday from 3-5 p.m.

For more information, call 652-2346.

Home Alone Program offers course for families

By Jennifer Valentin
Wingspread staff writer

Family advocacy offers home alone training for parents and their children who live on base. The training focuses on base guidelines for leaving children home alone.

The class takes place June 27 at 5 p.m. at the family support center in Building 693.

The 12th Flying Training Wing Youth Supervision Policy makes it mandatory for children who stay home alone on base to complete the home alone

training with at least one parent.

Children 9 years of age or younger cannot be left home alone on Randolph for any period of time, said Earl Pruitt, family advocacy program.

Inappropriately leaving children unattended can, in certain cases, be considered child neglect. Violations of the rules may result in security forces reports forwarded to the unit commander and family advocacy for proper action, said Mr. Pruitt.

Children ages 10-11 can be left without a sitter in housing for up to two hours, provided an adult is available to check on them periodically.

Children ages 12-14 can be left without a sitter in housing for up to two hours and can be left alone during daytime hours before the curfew of midnight for more than two hours.

Children ages 15 and older can be left alone for more than two hours. Children age 16 and older can be left alone in housing for no more than two consecutive days.

The training is open to housing residents, as well as all Team Randolph personnel.

"We recommend the training for families on and off base," said Mr. Pruitt. "While it is mandatory for

housing residents who want to leave their children home alone, it also offers good basic information for families who live off base."

Base officials suggest parents living off base use the base's home alone policy youth supervision program as a guide, said Mr. Pruitt.

Families attending the class receive a certificate of completion.

"The course is a great opportunity for families," said Mr. Pruitt. "It offers information needed to make the children and parents feel safe with the idea of staying home alone."

To sign up for the class, call 652-6308.

Pull!



John Travas shoots at a target at the base skeet range. The Randolph Skeet and Trap Range hosts monthly National Skeet Shooting Association and Texas Skeet Shooting Association registered shoots. The facility has two skeet ranges and one trap range. The facility's hours through September are Tuesday from 9 a.m. to noon, Wednesday from 1-6 p.m. and Saturday and Sunday from 9 a.m. to 3 p.m. For more information, call 652-2064. (Photo by Jennifer Valentin)

Eberle Park: *Picnics, games, fun for all ages abound*

By Jennifer Valentin
Wingspread staff writer

Whether planning a family picnic or a squadron barbecue, Eberle Park is a great place to host an event.

Base members can rent the park, which includes a grill house, serving house and pavilions.

"Eberle Park is the perfect place for base families, friends and members to have a get-together or to participate in outdoor activities," said Denny Taylor, 12th Services Division outdoor recreation manager. "We've had people rent out the park for all types of events, including the junior enlisted appreciation day, various squadron events and even birthday parties."

In addition to the cooking and serving areas, the park has picnic tables, children's play equipment, a volleyball court, horseshoe pits and basketball goals.

Members can rent just the pavilions for \$20 or just the grill house and serving house for \$10 each.

Reservations should be made through the information, tickets and travel office at 652-5640.

Active duty military assigned to Randolph can make reservations six months in advance. All other eligible personnel, such as retirees or family members, can make reservations 30 days in advance.

Eberle Park is located on East Perimeter Road.

"Eberle Park is open from sunrise to sundown," said Mr. Taylor. "It is ideal for anyone who wants to come out and have a great time."

For more information, call the ITT office at 652-5640.



Mary Berg plays with her daughters on the swing set at Eberle Park. (Photo by Steve White)

Children and dogs

Parental supervision, training necessary in preventing bites

By Jennifer Valentin
Wingspread staff writer

About 400,000 animal bites occur each year in Texas. Most occur in the home involving children and the family pet. The base vet clinic offers tips on how to prevent dog bites by taking precautions to minimize the risk.

"Supervision is important," said Troy Williams, chief of the Randolph section of the U.S. Army Veterinary Services. "Most children are at eye-level or below with dogs, so it is important to supervise all interactions children have with the family pet."

Being at eye-level with a dog can also create a situation where a dominant type of dog might challenge the child, he added.

"Children are often unaware that certain

mannerisms such as eye contact, hand gestures or quick movements might evoke a bite, resulting in significant trauma to the child's neck or face," Mr. Williams said.

The rule to remember is an infant or small child should never be left unattended in a room with a dog, regardless of how friendly the animal appears. Parents should also teach children to be gentle when touching the dog and that pulling on the dog's tail or ears, for example, is not allowed.

"If the child is old enough, they can be incorporated in the training and obedience classes with the dog," said Mr. Williams. "This will help foster a good relationship between the child and pet."

For more information, call the base veterinary clinic at 652-3190, the Humane Society at 1-972-488-2964 or the Texas Department of Health at 1-512-458-7255.

- B

Bites to children are usually from the family pet. Watch your child and never leave a child alone with any dog.
- I

Introduce your dog to your infant.
- T

Train and socialize your dog.
- E

Express extra attention toward your dog.
- S

Spay or neuter your dog. This reduces aggression but not protectiveness. Dogs who have not been spayed or neutered are up to three times more likely to bite as those who have been sterilized.

Base skate park draws daring crowd of kids

By Jennifer Valentin
Wingspread staff writer



Jake Graham, who visited the base skate park, rides his skateboard on one of the ramps. (Photo by Steve White)

For children just out of school, looking for a fun way to spend their days, the skate park offers a great outdoor activity. The 12th Services Division Youth Program opened the ramps to the first skate park on base late last year. "The skate park is a great way for kids on base to enjoy an outdoor activity that is fun and close by," said Rodney Tramble, director of youth programs.

The park is open from dawn to 11 p.m. and equipment usage is free. Skaters are authorized to use only skateboards and in-line skates. Since the park has open availability to the public, youth program officials stress for members to follow the park rules, especially those concerning helmets. "The rules posted at the park should always be obeyed," said Mr. Tramble. "Helmets must be properly worn with chinstraps secured at all times." The park is funded by Air Education and Training Command and purchased from Exerplay Inc.

SKATE PARK RULES

1. Know your ability and skate at your own risk.
2. Children, 9 years old and below, must have responsible adult supervision.
3. Helmets must be properly worn, with chinstraps secured, by all skateboarders, roller bladers and roller skaters, while inside the Skate Park (per RAFB Instruction 31-204, para A3.13.6.) Skateboarders, roller bladers and roller skaters are also highly encouraged to wear wrist guards with plastic or metal inserts, elbow pads and knee pads while inside the park.
4. Closed toe shoes are required while skating.
5. Only skateboards, roller skates and roller blades are allowed in the skate park.
6. Use of alcohol, tobacco products and illegal substances is prohibited inside the park and the surrounding area.
7. Inappropriate behavior (to include but not limited to spitting, fighting, horseplay, sexually explicit behavior and use of profanity) is prohibited.
8. Youth center staff and security forces personnel reserve the right to restrict entry or ask people to leave if rules are not followed.
9. Please report any defects, damage or safety concerns immediately to the youth center at 652-2088.
10. In the event of an emergency, call 911. The nearest emergency phone is located at the restroom facility, Building 389, adjacent to the skate park.

Caution urged during height of ozone season

By Jennifer Valentin
Wingspread staff writer

With ozone season underway, the base environmental flight stresses how important it is for people to do their part in keeping ground-level ozone levels down. Ozone season runs from May 1 through Oct. 31. Due to the weather patterns during this period, San Antonio can expect to experience higher levels of ground-level ozone, said Tim Sullivan, environmental flight chief. Ozone is a gas composed of three atoms of oxygen and can be either good or bad. Good ozone occurs in the upper atmosphere, shielding us from the sun's harmful rays. Bad ozone occurs in the earth's lower atmosphere when emitted by things such as vehicles and power plants. San Antonio, including Randolph, is currently classified as non-attainment for ozone. Implementation

of non-attainment regulations has been deferred while voluntary measures are taken to minimize ozone levels. If non-attainment regulations are implemented, limits would be placed on using items such as paints, solvents and other common items frequently used on base. This is also a concern because new missions would have to be evaluated to ensure potential emissions are below regulatory limits, said Mr. Sullivan. If the emissions are too high, new aircraft planned to come to the base may not be able to. Vehicles may also have to be tested. To test vehicle emission levels, a measurement tool is placed in the vehicle's tail pipe. If emissions are over a certain amount, the vehicle can't be registered. The amount of emissions also depends on the age of the vehicle and the size of the engine. The vehicle would have to be fixed accordingly or given an exemption if necessary, said Mr. Sullivan. When ground-level ozone levels are expected to be high, the Texas Commission on Environmental

Quality will declare an Air Quality Health Alert Day. Tips from the Texas Commission on Environmental Quality for keeping the ozone levels down include:

- Refuel vehicles after 6 p.m.
- Avoid drive-thru lanes
- Drive less – try walking or riding a bike
- Combine errands to minimize trips
- Ride VIA when available
- Take lunch to work to avoid mid-day trips
- Keep vehicles well maintained to avoid or reduce tail pipe emissions
- Postpone landscaping work using small gasoline engines until after 6 p.m.

Pollution forecasts are available on the Weather Channel and at www.epa.gov/airnow. On Air Quality Health Alert days, Mr. Sullivan recommends people don't fuel their cars, but rather wait until the next day. "Everyone on base should do their part in minimizing emissions on alert days," said Mr. Sullivan.

Walking beneficial for many reasons



Master Sgt. Mary-Ann Tobias, Air Force Occupational Measurement Squadron, walks along the side of the fitness center Thursday morning. (Photo by Jennifer Valentin)

By Jennifer Valentin
Wingspread staff writer

Giving up a little bit of time every day to exercise can mean a lot when it comes to staying healthy. Walking for one hour per day can cut risks for heart disease, breast cancer, colon cancer, diabetes and stroke, according to officials.

"Walking is beneficial for a variety of reasons," said Patrick Fay, fitness program manager. "Not only does it reduce risks for certain diseases, but it can increase your heart rate into the target zone where the most calories are burned."

Walking at a moderate pace for 30-60 minutes is the best way to lose weight and keep it off, according to www.walking.about.com.

When walking, start at an easy pace for 5-10 minutes, then stop and do some stretches before walking at the target heart rate for 30-60 minutes. It is a good idea to cool down for 5 minutes while walking at a slower pace afterward, and then

stretch gently.

Walking the right way is important, according to the Web site. Walking the wrong way can lead to wasted effort and even injuries that could have been prevented.

When walkers walk faster, a natural tendency is to lengthen the stride in front, reaching out further with the foot going forward. But this leads to a clumsy walk, resulting in pain in the front part of the leg.

All of the power of walking comes from pushing with the back leg and foot, so if trying to walk fast, concentrate on taking shorter and quicker steps, according to the Web site.

It is a good idea to walk almost every day when using walking as a weight loss tool, according to the Web site. It is recommended that people walk 5-10 hours per week. If people find themselves worn out, they can skip a day but should start walking the next day to keep up their routine.

"Because walking is less challenging than running, it can be

done for longer periods of time," said Mr. Fay. "It is also an ideal low impact workout for seniors, and it is weight bearing, which slows the loss of bone density associated with osteoporosis."

The best place to walk on base is the jogging trail, said Mr. Fay. It starts outside Hangar 70 and travels around the golf course, ending up by the east gate. There are different loops associated with the trail, and it can be tailored for any distance the person would like to walk, he said. Parts of the trail by the flightline and taxiway can be noisy, but the fitness center desk offers hearing protection.

"I would also recommend walking in some of the housing areas on base," said Mr. Fay. "It can be hard to judge distance in the housing areas, but if the walker is walking for leisure and wants some shade, the housing area is a good place."

For more information on walking, visit www.walking.about.com or call the fitness center at 652-4311.

SPORTS BRIEFS

Men's varsity softball team

The 2005 Randolph Men's Varsity Softball Team season is starting soon. A meeting is scheduled for June 28 at 5 p.m. at Rambler Field.

For more information, call Steve Shortland at 723-4967.

Fitness center changes

Family members and guests, age 18 and younger, are not allowed to use the fitness center's free weight room, life circuit room, paramount room and cardio zone Monday through Friday from 11 a.m. to 1 p.m.

AETC golf tournament

The 3rd Annual Air Education and Training Command Logistics Readiness Division "Spring Fling" golf tournament is June 24 at 12:30 p.m. at the Olympia Hills Golf Course. The format is a four-person Florida scramble (select shot).

The \$55 fee includes green fees, cart, food and drink, and unlimited range balls. Cash prizes are awarded to 1st, 2nd and 3rd place teams.

To sign up by June 15, call Master Sgt. Shaun Derry at 652-3905 or Senior Master Sgt. John Maples at 652-5697.

Golf specials

The Monday Super Twilight Golf Special and weekday Reduced Family Golf Special runs through Sept. 30 at Randolph Oaks Golf Course.

Mondays at noon, people can golf for a \$7 green fee and pay \$5 per person for a cart.

Families can golf together Monday through Friday at 6:30 p.m. for \$2 per adult and \$1 per child. Adults must be accompanied by a child to enjoy this special rate.

Passport to Fitness

The Passport to Fitness program is underway again. Members can use it to "travel the fitness world." From cardio to weight training to yoga, members get stamps for all the "countries" they visit.

Once the passport is full, members receive a prize. Passports are due by June 30.

Pushing the limit



Maj. Dan Barone, Air Education and Training Command, does push-ups while Patrick Fay from the fitness center times him. Thirty-seven people competed in the push-up contest held Tuesday. The overall winner was Charles Simmons with 113 push-ups in one minute. (Photo by David Terry)

Fit to Fight

The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test.

100 percent:
Air Education and Training Command
Tonia Bennett
Elaine Larson

90 percent and above:
AETC
Cooper Bozarth
Amber Engen
Christopher Haynes
Robert Lowe
Debra Mosley
Matthew Myers
Nghia Ngo

Andre Norcross
Rodney Norman
Sean Oliver
Dwayne Perry
Alexander Rada
Sara Rico
Stephen Rowell
Sarah Sanders
Mark Smith
Meldon Street
Michael Summers
Tyler Trovato
Abel Vargas
James Walejewski
Brian Wells

12th Operations Support Squadron
Lenn Bassett



GOLF STANDINGS

as of June 10

TEAM	POINTS
AFSAT/SVS	20.0
19 AF	19.5
AETC SC/CSS	19.5
12 LRD	19.0
AETC DO-IG	15.5
AFPC	12.5
AFMA	10.5
12 CS	8.5
AETC LG	7.0
AFRS	6.0

Top runners to participate in Air Force marathon

By Brett Turner
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) – Two of the top distance runners of all time are entered in the ninth annual U.S. Air Force Marathon in September.

Bill Rodgers and Alberto Salazar became running legends in the mid-to-late 1970s and early 1980s.

Both will conduct separate free afternoon running clinics and sign autographs at the marathon sports and fitness expo Sept. 16 at Wright State University's Ervin J. Nutter Center in Dayton, Ohio. The pair will also be keynote speakers at the pre-race pasta dinner at 6 p.m. the same day.

The U. S. Air Force Marathon is Sept. 17 near the National Museum of the U. S. Air Force here. Opening ceremonies are at 7 a.m. and the race begins at 7:30 a.m.

This is the first visit to the Air Force Marathon for Rodgers and Salazar. Both said they are excited about this marathon, which is gaining a reputation in the running world.

"You build a marathon gradually, so it will be fun for me to come out to, running around a base and having the Wright brothers' influence around me," said Rodgers.

Salazar said he will enjoy being part of a military-based marathon, as he has family members in the

military, including a brother who is a naval aviator.

Rodgers was ranked the top marathon runner in the world for several years in the 1970s. He won the Boston Marathon in 1975 and 1978-80 and the New York Marathon in 1976-79, and he ran for the U.S. Olympic team in 1976. He has five American records and one world record.

After a strong prep and college career, Salazar won his first New York Marathon in 1980 in the fastest marathon debut time in history at the time. The following year, he broke a 12-year world marathon record in 2 hours, 8 minutes and 13 seconds.

Salazar also won what is considered the most memorable finish in Boston Marathon history in 1982. He fought a final mile battle with Dick Beardsley, the guest speaker at last year's pre-race pasta dinner, out-kicking him in the final stretch in what became known as "the Dual in the Sun."

Salazar earned six U.S. records and one world record in his career. After a hiatus, he came back in 1994 to win the 53-mile Comrades Marathon, an ultra-marathon race in South Africa.

Rodgers said he and Salazar have known each other since the latter's high school days. Although not racing as much, both are active shoe company spokesmen, conduct clinics, work with runners and do speaking engagements throughout the year.

Their clinics will cover all aspects of training.

"Running is a great way to keep fit. It has it all," said Rodgers.

The Air Force Marathon has grown nearly every year since its debut in 1997.

"It's been shown there (aren't) as many marathons as there were, but new ones coming in (can) be successful, especially being backed by the Air Force," said Salazar. "People are looking for races like this."

Rodgers said it reminded him of how the Marine Corps Marathon in Washington, D.C., developed. That race started in 1976 with 1,175 entrants; in 2004, it's 29th year, 16,400 took part, according to the event's Web site.

"Ohio is a big running state and this race is contributing to that," he said.

Although Rodgers and Salazar are retired from doing 26.2-mile marathons, they still compete at times. Rodgers, who runs about 25 races a year, is planning to run on a four-person relay team here, and Salazar said he may compete in the half-marathon or 5k (3.1 mile) race, but was undecided.

The event provides a rare opportunity to compete alongside legends like Salazar and Rodgers.

"We're going to have a good time," said Rodgers. "I want to meet the people, first-timers and veteran runners."

The Air Force Marathon offers several races, including the full 26.2-mile marathon and wheelchair race; a 13.1-mile half marathon; a four-person relay race in which each member runs a section of the course; and a 5k race. Registrations will be taken through Sept. 2.